

# **Brown Belt Requirements - Youth**

*(Minimum 5 months & 50 classes)*

## **First Black Stripe**

### **Hand Strikes and Kicking Basics**

1. All previous hand and foot strikes
2. Tornado Kick

### **Pads Kicks**

1. Offensive side kick
2. Defensive side kick
3. Turn Side Kick
4. Back Leg Round Kick
5. Back Leg Thrust Kick

## **Second Black Stripe**

### **Self-Defense**

1. Lapel Grab – Inside Wrist Lock
- All previous punch and grab defenses

## **Third Black Stripe**

### **Classical Basics – Marching with back and front stances**

1. Sudo Block
2. High Block
3. Low Block
4. Side Block

### **Form**

Discovery (first half)

## **Fourth Black Stripe**

### **Sparring**